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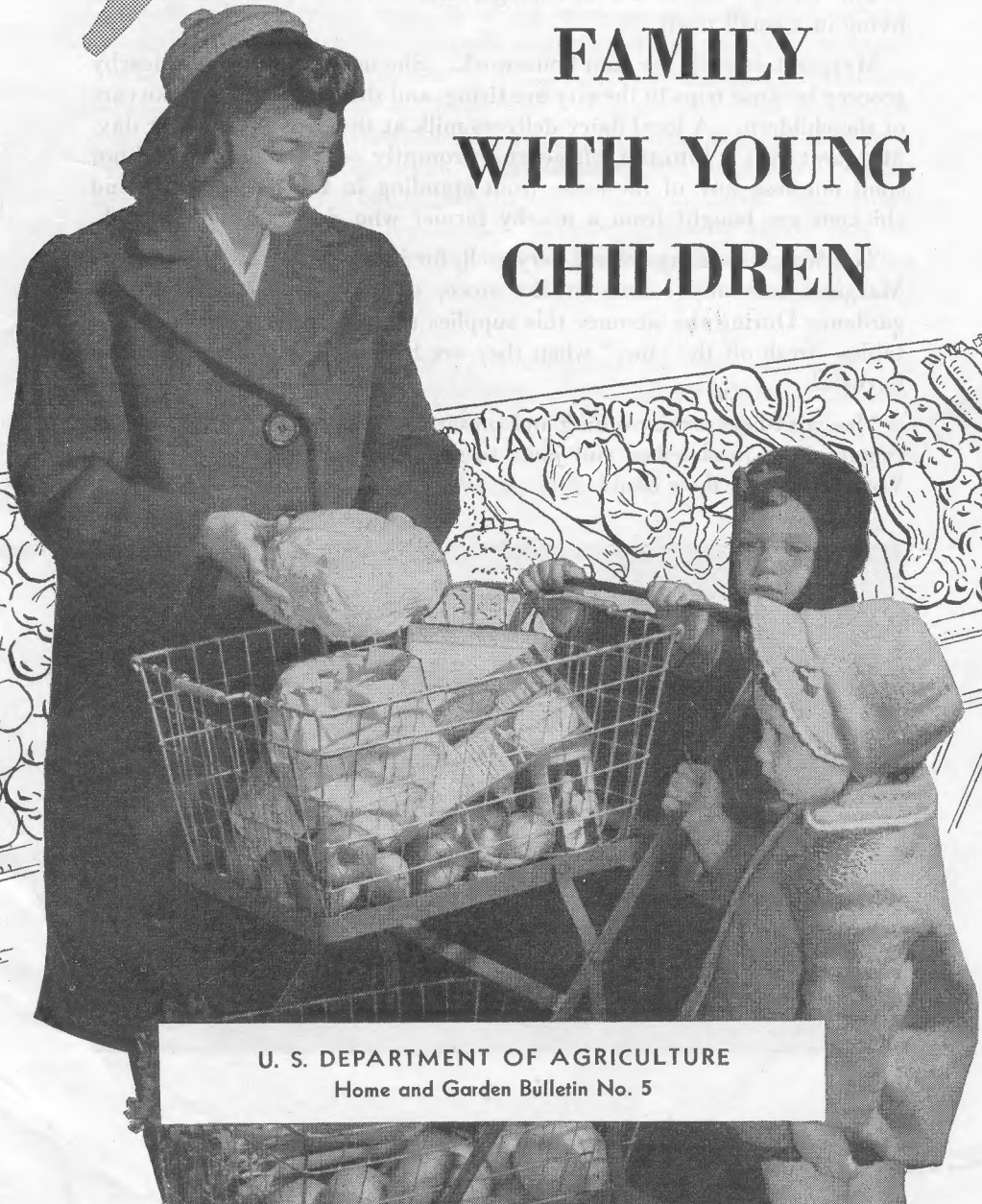
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# Food

## FOR THE FAMILY WITH YOUNG CHILDREN



U. S. DEPARTMENT OF AGRICULTURE  
Home and Garden Bulletin No. 5

# Meet the Wrights

Meet the Wright family—*Richard Wright*, husband and father, clerk in an engineering office. . . . *Margaret*, his wife, homemaker and mother of . . . *Suzy*, aged 2 years, and 5-year-old *Jimmy*, two jolly, lively youngsters.

And there are the Wrights—a typical young, healthy American family with father, mother, and 2 children not yet old enough for school.

The Wrights live in a neat cottage, near a city. It really seems like living in a small town.

Margaret does all her own housework. She usually shops at a nearby grocery because trips to the city are tiring, and she has no one to take care of the children. A local dairy delivers milk at the door every other day. Margaret puts it into the refrigerator promptly so that the milk will not spoil nor lose any of its value from standing in the light. Eggs and chickens are bought from a nearby farmer who delivers once a week.

The Wrights manage to eat very well, for in addition to the foods that Margaret carefully selects at the store, they have a little vegetable garden. During the summer this supplies them with part of their vegetables “fresh off the vine,” when they are highest in vitamins and most flavorful.

Margaret does some canning and preserving—chiefly canned tomatoes, tomato juice, and jellies and jams to spread on bread. Otherwise the Wrights buy all their food.



# Food to Fit the Family

How does Margaret select food and prepare meals? She follows good nutritional advice, practicing what she learned in classes. Margaret started regular visits to the doctor before her children were born. She has had them checked over and weighed at regular intervals ever since, often going to the community child health center. She has learned that everyone in the family requires the same basic types of food, but the amount and the way the food is prepared may differ. For instance—

*Richard*, the grown man, is about average in height and weight. Though he has a desk job, his work on the yard and garden in summer, walking to work, doing the winter chores, and helping with the children would rate his activities as “moderate.” His needs are for foods that supply energy and the vitamins, minerals, and protein to keep his body in repair and top-notch condition. His “three squares” a day are usually eaten at home since the office is within easy walking distance. Sometimes in bad weather he carries his lunch. Margaret is usually able to put the same foods in his lunch box that he would have eaten at home—deviled eggs in place of creamed eggs on toast—lettuce and carrot strips instead of vegetable salad.

*Suzy*, 2 years old, and *Jim*, 5 years old, need the same kind of food as their father, but more simply prepared. Little children’s main business is growing—building strong and healthy bodies. A strong back, straight legs, sound teeth, firm muscles, resistance to infections and disease are all developed in early childhood. To provide foods especially for growth,



Margaret uses milk in all the children's meals, adding a variety of vegetables and fruits, cereals, eggs, and some meat, fish, or chicken.

As for the cooking, she uses simple methods so that the same meal is suitable for all. She cooks food so as to bring out its natural flavor, and avoids very salty or highly seasoned dishes, greasy foods, and rich desserts. She cooks fresh vegetables quickly with only a little water so as to save their minerals and vitamins. This makes them taste good, and leaves their colors bright, which attracts the children.

Usually youngsters are keenly aware of the flavors and textures of food. Suzy is the first to discover if the milk is a little off-flavor, or the vegetables not up to par. Margaret cuts cooked spinach to avoid strings. When milk is heated to go over toast, she carefully stirs it to avoid the scum or "fishes," as Jim calls them.

Now that Suzy has learned to chew, Margaret no longer has to grind meat or chop vegetables so fine. But she does cut them into bite-sized pieces and takes care to remove any tough sections. She is gradually adding to Suzy's diet most of the common vegetables, fruits, and simply cooked meats, chicken, and fish, which Jimmy has already learned to like.

Margaret has learned that small children often do not take to a new food, which later may become one of their favorites. She is careful to give Suzy only little tastes of new foods at first, offering them in a pleasant manner. She gives new foods at the beginning of a meal when Suzy is hungry. When these tastes are acceptable, then Suzy has a teaspoonful or more if she wants it. By repeated small servings, Suzy soon learns to like these new foods just as Jim does.

Days when the children's appetites are not up to par, Margaret doesn't worry. As a rule, the children are as hungry as ever the next day. Margaret has noticed that many parents give too large servings to their little folks. As a result the children are discouraged before they start to eat and get into the habit of wasting food. She is very careful always to give the children small servings so that they learn to clean their plates. Then they may have seconds.

Instead of having the children drink all of their milk, Margaret often uses part of it in custard, ice cream, junket, or milk soups for variety.

Most afternoons Margaret gives the children a snack after their nap. This is usually a small cup of milk apiece and occasionally a graham cracker, fruit, or carrot strips. The children often sit at their own little table for this.

*Margaret's* food needs now are somewhat like her husband's. As she is built on smaller lines, she does not need as much food as Richard. However, to keep in tip-top condition so she can meet the demands of her

lively family, she is very careful to eat a plentiful, well-rounded diet. This means that she, too, drinks milk—about 3 cups a day. She has her citrus fruit and tomatoes, eggs, liver, green leafy vegetables, and whole-grain or enriched cereals and breads—foods that are good for the whole family.

## Planning Meals

Most of the time Margaret is able to plan the same meals for all. Otherwise the days would never be long enough for her housework, nor would she have enough energy left to enjoy her little family. Besides, foods that are good for children are just as good for adults. However, for special occasions she sometimes serves such food as pies for the grown-ups. But even with pies, the children can usually have the filling, which she often bakes in custard cups for them. The children have learned to accept happily the fact that some foods are for “grown-ups only.”

Eating is fun at the Wright's table. With Mother and Father trying and liking new foods, the children, too, get the habit. Not that they talk over everything they eat, but when something is especially good, Father never fails to compliment the cook.

Foods that Margaret takes particular care about for her little family are—

**Milk.** At least 3 to 4 cups a day for each of the children, about 3 cups for Richard and herself. This is used to drink and in cooked foods. Margaret knows that milk is the best source of *calcium*, the mineral needed for strong bones and good teeth. It is also one of the best sources of *riboflavin*, a vitamin required by young and old. In addition, milk supplies a high-quality *protein*, and many other important food values. Therefore, it's a basic food at every meal for the children. Margaret has always used plenty of milk in her own diet, as well as other desirable foods, and was able to nurse both children and give them the best start a mother can possibly give.



**Vegetables and fruits.** The garden helps to give a plentiful supply of these spring, summer, and fall. Margaret's menus throughout the year include daily:

- ★ A leafy, green, or deep yellow-colored vegetable
- ★ Potatoes
- ★ Citrus fruit, or tomatoes, or generous servings of raw cabbage, salad greens, or raw turnips
- ★ Another fruit or vegetable

**Bread and cereal—whole-grain, enriched, or restored.**—At least one of these appears at every meal. Cereals are usually served at breakfast and sometimes at supper for the children. Often a hearty breakfast includes both cereal and bread. Always in shopping for cereals, bread, and flour, Margaret is careful to choose whole-grain, enriched, or restored products.

**Meat, poultry, fish, eggs, dry beans or peas.** Margaret serves at least one of these every day to each member of the family. Mindful of Jim and Suzy, she cooks these foods without much fat. Dry beans or dry peas are not given to Suzy unless they are put through a sieve. At least once a week, Margaret tries to serve liver, heart, or kidneys, for these variety meats are particularly high in iron and vitamins.

**Vitamin D.** During winter and on dull days in fall and spring, Jim and Suzy each take 1 teaspoon of cod-liver oil every day. This gives them their vitamin D, though they could get it in vitamin D milk. In summer, both wear sunsuits. Then the sun shining on their bare legs and arms is their source of vitamin D.

**Iodized salt.** Their doctor advised the Wrights to use iodized salt because they live in one of the States where the soil is low in iodine.

**Sweets.** For the Wrights' small children, sweets are usually limited to simple puddings made of milk and eggs and fresh and cooked fruit. The children also like tender dried fruits, which Margaret often gives them instead of candy.

## Changes to Fit Supplies

Margaret tries to follow this plan as closely as possible. But, for herself and Richard, when certain foods are scarce, she uses more of other foods that are plentiful and similar in food value. During temporary food shortages healthy adults can make quite drastic changes in diet without ill effects. For growing children and nursing mothers and for expectant mothers during the latter months of pregnancy the situation is different. Their food should be the last to be changed.



# Food for the Expectant Mother

*During pregnancy.* Margaret learned that to produce another life without sacrificing her own strength, a mother's diet and the way she lives must be adjusted to the needs of the developing baby. She considered it a privilege to do her part for her children by taking good care of herself.

During the first 4 months of pregnancy, Margaret did not require more food than her usual good diet. But during the last few months when the baby's needs were greater, Margaret ate about a fifth more food than usual and she chose her food with special care.









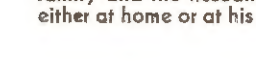
Following are the foods in a good normal diet that should be increased to meet the needs of pregnancy:

<b>Milk, cheese</b>	A little over a quart of milk or its equivalent every day
<b>Leafy, green, and yellow vegetables</b>	More and bigger servings . . . at least 4 pounds a week
<b>Citrus fruit, tomatoes</b>	More and bigger servings . . . about 3½ pounds a week
<b>Meat, poultry, fish, eggs</b>	Another serving of meat a week, especially liver and the other variety meats high in minerals and vitamins, or some other high-quality protein
<b>Bread and cereal</b>	Whole-grain varieties or enriched bread and cereal to supply more iron and B vitamins
<b>Vitamin D</b>	In fish-liver oil, vitamin D or irradiated milk, or other preparation to provide 400 to 800 units daily

In addition to being especially careful about her food, the pregnant woman should plan for a nap every day and a good night's rest. Some mild exercise outdoors will give fresh air and help to keep muscles in tone. It is also important not to worry or get angry.

*Nursing the baby.* Mother's milk increases the baby's chances for growing up without sickness or feeding difficulties. Studies show that fewer breast-fed than bottle-fed babies have severe digestive upsets. Breast-fed babies are also less susceptible to rickets and are not so likely to die in infancy. Besides, feeding a baby nature's way is easier than mixing a formula and sterilizing milk and bottles. Almost every mother will want to give her baby the best by nursing him for several months, just as Margaret did Suzy and Jim. Many Federal and State bulletins suggest meals to meet food needs of nursing mothers. Nearly every healthy woman can nurse her baby if she wants to and prepares for it by eating a good diet before, as well as after, the baby is born.

# The Wright Family's Food Plan For A Week (\$21 to \$23, June 1954 Prices)

Kinds of food <sup>1</sup>	Weekly food plan (approximate amounts)—			
	For two adults <sup>2</sup>	For child aged 1 to 3	For child aged 4 to 6	Total for family of four
 <b>Leafy, Green, and Yellow Vegetables</b> At least once a day	7 to 8 pounds	2 pounds	2 pounds	11 to 12 pounds
 <b>Citrus Fruit, Tomatoes</b> Once daily, if possible	5½ to 6 pounds	2 pounds	2½ pounds	10 to 11 pounds
 <b>Potatoes, Sweetpotatoes</b> One or more servings daily	5 to 6 pounds	½ pound	1 pound	6½ to 7½ pounds
 <b>Other Vegetables and Fruit</b> One or two servings daily	7 to 8 pounds	2 pounds	2 pounds	11 to 12 pounds
 <b>Milk, Cheese, Ice Cream</b> 2 or 3 times daily and in cooking	10 quarts	6 quarts	6 quarts	22 quarts (1 ounce cheddar cheese or 2 to 3 large dips ice cream equal 1 cup milk)
 <b>Meat, Poultry, Fish</b> Once daily, if possible	5½ to 6½ pounds	¾ pound	1¼ pounds	7½ to 8½ pounds
 <b>Eggs</b> Four or more a week per person	14	½ dozen	7	2¼ dozen
 <b>Dry Beans and Peas, Nuts</b> One or more times a week	6 ounces	1 ounce	1 ounce	8 ounces, or ½ pound
 <b>Flour, Cereals, Meal</b> (Whole-grain or enriched are best) At every meal for children. Less for grown-ups if there is need to conserve cereals.	5½ to 6½ pounds	1¼ pounds	1½ pounds	8 to 9 pounds (count 1½ lbs. bread as 1 lb. flour)
<b>Fats, Oils</b> Some daily	2 pounds	¼ pound	¼ to ½ pound	2½ to 3 pounds
<b>Sugar, Sirups, Preserves</b> Some daily	2 pounds	⅛ pound	½ pound	2¾ to 3 pounds

<sup>1</sup> See "What's in Each Food Group" on back cover.

<sup>2</sup> These quantities are geared to the needs of the wife who is keeping house for a young family and the husband whose activities call for a moderate amount of muscular effort, either at home or at his work. If either you or your husband are unusually large or active,

you may need to increase the suggested quantities of potatoes; dry beans and peas, nuts, flour and cereals; fats and oils. If your husband buys his lunch at work you will still need to purchase almost the same quantities of food, except it may take 1 loaf less bread per week and 1 quart less milk.

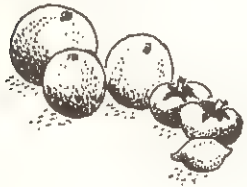
# The Wrights' food supply

## Leafy, Green, and Yellow vegetables



- 2 heads lettuce
- 1½ pounds snap beans
- 2 bunches carrots
- 2½ pounds spinach
- 1 pound squash
- 1 head cabbage (small)
- 1 No. 2 can green peas
- 1 package green lima beans (frozen)

## Citrus Fruit, Tomatoes



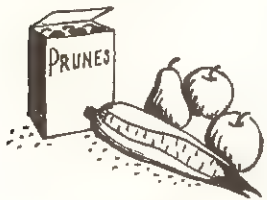
- 5 pounds oranges
- 2 grapefruit
- 1 46-ounce can tomato juice
- 2 or 3 lemons or 1 small can lemon juice

## Potatoes, Sweetpotatoes



- 2 pounds sweetpotatoes
- 5 pounds potatoes

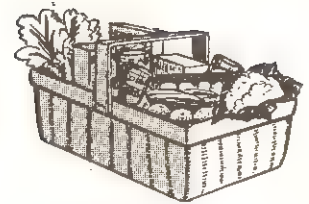
## Other Vegetables and Fruit



- 2 pounds apples
- 1 No. 2 can applesauce
- 1 No. 2½ can peaches
- 1 pound prunes
- ¼ pound raisins
- 3 pounds other fruit
- 1 bunch celery
- 1 pound beets
- 1 pound onions

<sup>1</sup> Margaret buys some of the staple foods in larger quantity than listed here to save time and money. They will keep until the next week if properly stored.

# for a week<sup>1</sup> . . .



## Milk, Cheese, Ice Cream



- 18 quarts whole fluid milk
- 1 14½-ounce can evaporated milk
- ¼ pound cheddar cheese
- 1 to 1½ pounds cottage cheese
- 1 pint ice cream

## Meat, Poultry, Fish



- 3 to 3½ pounds chuck roast of beef
- 2½ to 3 pounds shoulder of lamb
- ¾ pound liver
- 1 pound fish (haddock, cod, halibut)

## Eggs

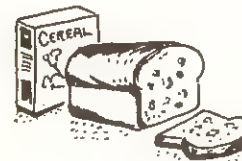


- 2¼ dozen eggs

## Dry Beans, Peas, Nuts

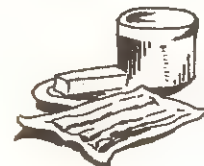
- 4 ounces nuts (in the shell)
- 4 ounces peanut butter

## Flour, Cereals, Meal, Baked Goods



- 3 loaves enriched bread
- 3 loaves whole-wheat bread
- 1 loaf rye bread
- 1¼ pounds rolled oats or whole-wheat cereal
- 1 small package ready-to-eat cereal
- 1 pound enriched flour
- ½ pound macaroni or corn meal
- 1 box graham or other crackers

## Fats, Oils



- ½ pound bacon
- 1½ pounds table fat
- ½ pound shortening
- ½ pint salad dressing or salad oil

## Sugar, Sirup, Preserves

- 1½ to 2 pounds sugar
- ½ to 1 pint molasses, honey, jelly, or preserves

In addition to the foods listed above, Margaret buys coffee, tea, salt, flavorings, gelatin, junket powder, etc., as needed.

# THE WRIGHTS' MENUS

## SUNDAY

Orange juice	Pot roast with carrots, potatoes, and onions
Scrambled eggs	Chopped spinach
Toast      Table fat	Bread      Table fat
Preserves	Two-egg sponge cake with ice cream
Milk for children	Milk for children
Coffee or tea for grown-ups	Coffee or tea for grown-ups

Open-faced grilled cheese and bacon sandwich for grown-ups  
 Hot wheat cereal with milk for children  
 Shredded cabbage and raisin salad  
 Fruit in season      Milk

## MONDAY

Orange	Omelet      Spinach
Hot oatmeal with milk	Bread      Table fat
Toast      Table fat	Baked Indian pudding
Milk for children	Milk
Coffee or tea for grown-ups	

Beef casserole with mounds of mashed potatoes  
 (beef left from Sunday roast)  
 Green peas      Fruit salad  
                  Bread      Table fat  
 Sponge cake with honey sauce      Milk

## TUESDAY

Grapefruit sections	Baked macaroni	Green beans
Soft-cooked eggs	Shredded raw carrots	
Toast      Table fat	Bread      Table fat	
Milk for children	Oatmeal and prune pudding	
Coffee or tea for grown-ups	(oatmeal left from Monday breakfast)	
	Milk	

Broiled liver or liver pattie      Baked potato      Baked squash  
 Tossed green salad flavored with chopped crisp bacon  
                  Bread      Table fat  
                  Fruit in season      Milk

## WEDNESDAY

Orange	Apple-cabbage salad
Ready-to-eat cereal with milk	Cottage cheese and nut sandwich
Toast      Table fat      Preserves	Baked Indian pudding
Milk for children	Milk for children
Coffee or tea for grown-ups	Coffee or tea for grown-ups

### WEDNESDAY (Continued)

Beef hash with potatoes (beef left from Sunday)  
Home-made vegetable relish  
Creamed carrots and peas      Celery  
Bread      Table fat  
Fruit cup      Milk

### THURSDAY

Tomato juice      Creamed eggs on toast, or  
Hot oatmeal with milk      Soft-cooked eggs with toast  
Toast      Table fat      Jellied fruit salad  
Milk for children      Molasses cookies  
Coffee or tea for grown-ups      Milk

Baked shoulder of lamb  
Baked sweetpotato      Green lima beans  
Cole slaw  
Bread      Table fat  
Canned peaches      Graham crackers      Milk

### FRIDAY

Prunes with orange slices      Cream of tomato soup  
Hot wheat cereal with raisins      Cottage cheese and peach salad  
and milk      Bread      Table fat  
Toast      Table fat      Cookies  
Milk for children      Milk for children  
Coffee or tea for grown-ups      Coffee or tea for grown-ups

Baked fish (haddock, cod, or halibut)  
Sliced beets      Baked potato      Celery  
Bread      Table fat  
Lemon snow with custard sauce  
Milk for children  
Coffee or tea for grown-ups

### SATURDAY

Tomato juice      Peanut butter and celery sandwiches  
Ready-to-eat cereal with milk      Vegetable salad  
Toast      Table fat      Preserves      Floating island or junket  
Milk for children      Milk for children  
Coffee or tea for grown-ups      Coffee or tea for grown-ups

Minced lamb on riced potatoes (lamb left from Thursday dinner)  
Green beans      Hearts of lettuce with dressing  
Applesauce      Graham crackers      Milk

A 6-ounce serving of milk is allowed for the children. If the children do not drink all their milk, they have it as part of the afternoon snack.

# To Reduce Your Food Bill

If you do not have as much as the Wrights to spend on food for your family, you can spend less and still have a healthful diet. Meals may not have so much variety, but with careful planning and cooking they will be enjoyable.

Here is a food plan suggested to provide good nutrition for \$15 to \$17 per week, for a family of two moderately active grown-ups and two children aged 1 to 3 and 4 to 6.

## WEEKLY PLAN FOR A FAMILY OF FOUR WITH TWO GROWN-UPS AND TWO PRESCHOOL CHILDREN

(\$15 to \$17 per week for the family of four, June 1954 prices)

Leafy, green, and yellow vegetables . . . . .	8 to 9 pounds
Citrus fruit, tomatoes . . . . .	7 to 8 pounds
Potatoes, sweetpotatoes . . . . .	9 to 10 pounds
Other vegetables and fruit . . . . .	6 to 7 pounds
Milk . . . . .	21 quarts
Meat, poultry, fish . . . . .	5 to 6 pounds
Eggs . . . . .	1½ dozen
Dry beans and peas, nuts . . . . .	¾ to 1 pound
Flour, cereals, meal . . . . .	10 to 11 pounds
Fats, oils . . . . .	2 to 2½ pounds
Sugar, sirup, preserves . . . . .	2 to 2½ pounds

To provide this good inexpensive diet, you will need to plan and to shop more carefully even though some of the cheaper foods are high in food values. Here are suggestions on how to get the most for your money.

### Leafy, green, and yellow vegetables

Leafy, green, and yellow vegetables give you good values in minerals and vitamins. Choose those that are in season—they're generally cheapest when most plentiful. Carrots are nearly always good bargains, and can be used raw or cooked.

Learn to use the leafy tops of young beets and turnips. These, like kale, spinach, mustard, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

**Citrus fruit,  
tomatoes**

When citrus fruits are high in price, use fresh tomatoes if they are in season, or canned tomatoes or tomato juice to get your vitamin C. Use about twice as much tomato as orange or grapefruit. Canned orange and grapefruit juice may be cheaper than the fresh fruit. Raw cabbage, raw turnips, and salad greens are also good sources of vitamin C.

**Milk**

Evaporated and nonfat dry milk are usually cheaper than fluid milk. Evaporated milk can be used in place of cream on cereals and puddings and in coffee. It can also be used in cooking. Nonfat dry milk lacks the fat and vitamin A of whole milk. However, it can be used to make up as much as one-third of the family milk supply, provided other foods are used in the quantities suggested.

**Meat, poultry,  
fish, eggs, dry  
beans and peas,  
nuts**

When food money is limited, choose the cheaper cuts of meat. Consider the amount of bone and fat—the cost per serving as well as the cost per pound. Commercial-grade meat is an economical buy and is satisfactory for pot roasts, meat loaf, and stew. Use variety meats such as beef, pork, or lamb liver or kidneys once a week for they are bargains in vitamins and minerals. Brains and heart are good buys also.

Fish may also be cheaper than meat and will give you good protein.

For other main dishes serve dry beans—navy, kidney, lima, or soybeans—dry peas and lentils.

Grade B and grade C eggs are just as nutritious as grade A, and are usually cheaper.

**Bread, flour,  
cereals, meal**

Choose the brown whole-grain or enriched products for their extra vitamins and iron. Bread made with milk or milk served with cereal makes a high-quality protein combination.

To save money, avoid expensive ready-baked items.

**Fats, oils**

You pay for the fat on the meat you buy, so use any extra for cooking and seasoning, to save money.

**Sweets**

Use molasses often instead of white sugar in cooking. Children like it and it's a cheap source of iron. Molasses adds flavor and food value to baked beans, gingerbread, puddings, and



# What's in Each Food Group

## **Leafy, green, and yellow vegetables**

All kinds of greens—collards, kale, Swiss chard, spinach, and many others, cultivated and wild; carrots, peas, snap beans, green cabbage, okra, green asparagus, broccoli, brussels sprouts, green lima beans, pumpkin, yellow squash.

## **Citrus fruit, tomatoes, or other high vitamin C foods**

Oranges, grapefruit, tangerines, other citrus fruit, tomatoes; or raw cabbage, salad greens, raw turnips, fresh strawberries, pineapple, cantaloup.

## **Potatoes, sweetpotatoes**

## **Other vegetables and fruit**

Beets, white cabbage, cauliflower, corn, cucumbers, onions, sauerkraut, turnips, apples, peaches, bananas, berries, rhubarb, dried fruits—all vegetables and fruits not included in other groups.

## **Milk, cheese, ice cream**

Milk—whole, skim, evaporated, condensed, dry, buttermilk; or as cheese, cream, or ice cream.

## **Meat, poultry, fish**

All kinds, including liver, heart, and other variety meats. Count bacon and salt pork in with fats.

## **Eggs**

## **Dry beans and peas, nuts**

Including soybeans and soy products, cowpeas, lentils, peanut butter.

## **Flour, cereal, baked goods**

Flour or meal made from any grain—wheat, corn, buckwheat, rye; cooked cereals, ready-to-eat cereals, rice, hominy, noodles, macaroni; breads and other baked goods.

## **Fats, oils**

Butter, margarine, salad oils, suet, shortening, lard, bacon, salt pork, meat drippings.

## **Sugar, sirups, preserves**

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams and jellies; candy.

*Prepared by*

## **HOME ECONOMICS RESEARCH BRANCH**

Agricultural Research Service  
U. S. Department of Agriculture  
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